

Calumet

THE DOUBLE-ACTING,
BETTER-BAKING POWDER



For fine cakes, use fine ingredients. That's the rule for quality, the magic of success.

Swans Down CAKE FLOUR



GLORIA'S COOK BOOK



Edited and compiled by Mrs. Enriqueta David-Perez



Dear Friends:

All my life I have proved that success comes only with adequate preparation. In cooking, a favorite hobby when I am not working on a picture, this also holds true.

For good cooking, start with good ingredients. That is just simple cooking insurance. But there's a lot to know about flour, baking powder, shortening, eggs, etc. Each ingredient has a special duty. Each contributes its own good quality to the finished food. The recipes in this book have been developed with fresh ingredients of high uniform quality-tested ingredients known to give success.

If you follow recipe instructions carefully, using only the ingredients given, there is no reason why you, too, cannot be successful.

Here's to your cooking success!

Gloria Perez

SUCCESS STARTS WITH INGREDIENTS

"FUNCTION OF FLOUR AND BAKING POWDER IN BAKING"

Many recipes are based on the use of Swans Down Cake Flour. Not just any flour will do.

Since baking powders are not all alike, only Calumet Baking Powder — in exactly the right amounts for continuous success — is specified.

It is important to use the ingredients called for. Substitutes can never guarantee the same delicious, quality results.

"SWANS DOWN GIVES QUALITY RESULTS"

Swans Down's fine granulation combined with tender gluten gives a melting soft crumb. These also give extra lightness and a fine even grain that keeps a cake deliciously fresh and moist. Even thrifty one-egg cakes like the popular One-Egg Fried Drop Cake on page 9 will have this luxury quality when made with Swans Down.

Keep Swans Down Cake Flour covered and stored in a clean, dry place.

"CALUMET, THE DOUBLE-ACTING, BETTER-BAKING POWDER"

Leavening transforms dough or batter into a light, tender product. Today, the magic of leavening is most often performed by baking powder.

Baking powder works in a fascinating way. It contains two reacting substances — acid and alkali (baking soda, the source of the leavening gas). Starch (or starch and calcium carbonate) is added to standardize the strength of the baking powder and to keep the mixture dry.

When added to batter, baking powder dissolves! Its acid reacts with the soda, releasing carbon dioxide gas that rises in tiny bubbles all through the batter and during baking.

Calumet's first action begins in the mixing bowl, releasing only about one-third of the leavening gas. The rest waits for the oven heat. There, Calumet's second action takes place, steadily and evenly releasing the remaining gas.

Calumet's second action is a special baking protection against delays or interruptions in the mixing. It cannot be lost or stirred out. It makes Calumet extra efficient.



MERIENDA SPECIALS



BIBINGKA ESPESYAL

4 eggs, separated
3/4 cup brown sugar
1-1/4 cups coconut milk
(1 large coconut)
2 cups Swans Down Cake Flour
4 teaspoons Calumet Baking Powder
1/4 teaspoon salt
3 pieces Laguna cheese, sliced

Beat the egg yolks until thick and lemon colored. Dissolve the sugar in 1/2 cup of the coconut milk.

Mix and sift flour, salt and baking powder and add spoonfuls to the sugar and coconut milk mixture, alternately with the rest of the coconut milk. Beat well. Add the yolks and mix well to blend.

Beat the egg whites until stiff. Fold into batter. Line hot "horno" (clay bibingka mold) with banana leaf previously wilted over heat, then cut into rounds to fit "horno". Pour about 1/2 cup of the batter in banana-leaf-lined "horno". Top with slices of Laguna cheese. Cover with a tin sheet on which place live charcoal or coconut husk. When "bibingka" is almost done, brush with melted margarine and sprinkle with white sugar. Finish

baking until golden brown. Serve hot with grated fresh coconut.

Makes 5 small "bibingkas".
ESTIMATED COST: ₱1.60

CHURROS

1 cup Swans Down Cake Flour
1 cup water
1/4 teaspoon salt
Shortening for frying
Sugar

Boil 1 cup water and salt. Pour at once into one cup sifted flour in heat-resistant bowl. Mix.

Place in cake decorator and press out through star-shaped or rosette point. Fry in deep hot fat until golden brown. Roll in sugar.

Makes 24-30 churros.
ESTIMATED COST: ₱0.63

MAJA DE MAIZ

1 cup fresh young corn, grated fine
1/2 cup sugar
1-1/2 cups rich coconut milk
1/3 cup Swans Down Cake Flour

Scrape corn from the cobs and strain through a coarse muslin. Add

MANGO EMPANADITAS

3/8 cup margarine
1/2 cup sugar
1 egg
1-3/4 cups Swans Down Cake Flour
1-1/2 teaspoons Calumet Baking Powder
1/4 teaspoon salt
1/6 cup milk
1/4 teaspoon vanilla
Mango jam

Beat egg, set aside. Sift Swans Down, Calumet and salt together and set aside.

Cream margarine and sugar. Add egg, blend well. Add sifted Swans Down-Calumet mixture alternately with milk. Add vanilla.

Roll dough about 1/8 inch thick on a floured board. Cut into rounds 2-1/2 inches. Place a teaspoon of mango jam in the center of each round. Fold half the round over filling and press edges together with the tines of a fork. Brush top with egg white and bake in hot oven (400 degrees F.) until brown (about 15 minutes). Makes 75 empanaditas.

ESTIMATED COST: ₱1.80

CASUY CRISPS

1 cup casuy nuts
1-1/3 cups Swans Down Cake Flour
1 teaspoon Calumet Baking Powder
1/3 cup margarine
1-1/3 cups brown sugar
2 eggs
1/2 teaspoon salt

Chop casuy nuts. Set aside. Sift sugar. Cream margarine with 1/3 cup of sugar. Beat the egg until thick and lemon colored. Add the remaining 1 cup sugar and beat until well blended. Add to margarine-sugar mixture and blend well. Sift flour, salt and baking powder. Add to egg-sugar-margarine mixture. Add chopped casuy nuts. Cover and chill in refrigerator.

Grease a cookie sheet. Drop mixture from a tablespoon onto sheet and bake in moderate oven (350 degrees F.) for about 10 minutes.

Makes 3 dozen tempting cookies.
ESTIMATED COST: ₱1.60

COCONUT BARS

1/3 cup margarine
1 cup Swans Down Cake Flour
2 eggs
1-1/2 cups brown sugar sifted
1 teaspoon vanilla
2 tablespoons Swans Down Cake Flour
1/4 teaspoon Calumet Baking Powder
1/2 teaspoon salt
1-1/2 cups chopped Baker's Coconut

Mix margarine and 1 cup Swans Down. Grease a square pan (8 inches square) and press margarine-flour mixture into cake pan bottom. Bake in moderate oven (350 degrees F.) until light brown.

Beat the eggs, add the sugar gradually and blend well. Sift Swans Down, Calumet and salt together. Add to egg mixture. Add vanilla and then the chopped coconut.

the sugar, flour and coconut milk. Cook over moderate heat, stirring constantly. When thick, pour into a shallow pyrex dish. Set aside to cool. Serve with "latik" and toasted coconut with sugar.

Serves 8.

ESTIMATED COST: ₱0.46

CALUMET UKOY

2 cups galapong (ground rice)
1 egg
3 medium sized onions
1/2 cup shrimp juice
1/4 cup green onions
1-1/2 teaspoons Calumet Baking Powder
2 tablespoons salt
1/2 teaspoon pepper
1 teaspoon monosodium glutamate
1/2 kilo shrimps (partially boiled)
3 cartons shortening

To make galapong: soak rice in 2 cups boiling water for a half hour and then grind. Beat the egg and add to the galapong (rice batter) chop the two onions and mix to the galapong. Add shrimp juice, salt, pepper, Calumet Baking Powder and monosodium glutamate, and mix until well blended.

Heat the shortening in a number one carajay. When the short-

ening is very hot, pour 1/2 cup of the galapong mixture very slowly (almost trickling from the cup) around the side of the carajay. Wait a few seconds for the batter to float and with two siyances gather the floating batter pressing them slightly together to form a round mass and fry until brown.

Garnish top with partially boiled shrimps, young onions which have been cut in half-inch lengths and sliced onion rings. Serve Ukoys without garnish as a cocktail tidbit, too. Unusual and appetizing.

ESTIMATED COST: ₱2.46

POLVORON

1 cup Swans Down Cake Flour
3/4 cup powdered milk
10 tablespoons sugar
1/2 cup butter or margarine

Roast sifted flour in frying pan until light brown, stirring constantly. Strain through fine sieve to remove lumps. Add powdered milk and strain again. Add strained sugar and mix well. Add the melted butter or margarine and blend mixture well. Form into shape, using a chocolate mold. Wrap in white or pastel colored paper.

Makes 40 mouth-watering polvorones.

ESTIMATED COST: ₱0.77

Because Swans Down is many times softer and finer than ordinary cake flour it makes SWANSATIONAL cakes!

Calumet is used for all types of baking — bread, biscuits, cakes, ensaimadas, bibingkas, polvorones, etc.



BANANA CASUY BREAD

2 cups Swans Down Cake Flour
1 teaspoon Calumet Baking Powder
1/2 teaspoon salt
1/2 cup margarine
1-1/2 cups sugar
1 egg and 1 egg yolk, well beaten
1 cup mashed ripe bananas
3/4 cup sour milk
1 teaspoon vanilla

Sift flour, measure. Add baking powder and salt, and sift together three times.

Cream margarine. Add sugar gradually, creaming together until light and fluffy. Add well beaten egg and yolk and beat well. Add mashed banana and beat again.

Add flour mixture alternately with milk, a little at a time, beating after each addition. Add vanilla. Bake in a greased pan 13" x 9" x 2", in moderate oven (350 degrees F.) 45 to 50 minutes.

Spread with Peanut Cream Frosting (next recipe) and garnish with casuy nuts. Serves 8-12.

ESTIMATED COST: ₱1.30



PEANUT CREAM FROSTING

2/3 cup butter
1-1/3 cups sifted confectioners' sugar
1/2 cup peanut butter

Cream butter and add 1 cup sugar gradually, beating after each addition. Cream until light and fluffy. Stir peanut butter little by little, creaming well after each addition. Fold in remaining sugar. ESTIMATED COST: ₱0.50

CAMOTE DOUGHNUTS

1-1/2 cups Swans Down Cake Flour
1-1/2 teaspoons Calumet Baking Powder
1/4 teaspoon salt
1-1/2 teaspoons margarine
1/2 cup sugar
1 egg
1/2 cup mashed camote, cooked
2 tablespoons milk
Shortening for frying

Sift flour, baking powder and salt together. Cream margarine

and sugar, add well-beaten egg and blend well. Add camote and milk, mixing well. Add the flour mixture. Drop by spoonfuls in deep hot shortening and cook until brown. Roll in sugar. Makes 24 tangy doughnuts.

ESTIMATED COST: ₱0.90

CORN FRITTERS

1 cup Swans Down Cake Flour
1-1/2 teaspoons Calumet Baking Powder
1 tablespoon sugar
1 teaspoon salt
1-1/2 cups canned sweet corn
3 eggs, beaten
Shortening for frying

Sift flour, baking powder and salt. Combine beaten eggs, corn and sugar and blend. Add flour mixture and beat until smooth. Drop from spoon into deep hot shortening and fry until golden brown.

Drain and roll in sugar. Makes 16-20 delicious fritters.

ESTIMATED COST: ₱1.80

Because Swans Down is many times softer and finer than ordinary cake flour it makes SWANSATIONAL cakes!

Calumet is used for all types of baking—bread, biscuits, cakes, ensaimadas, bibingkas, polvorones, etc.



PIANONO

3/4 cup Swans Down Cake Flour
4 eggs, separated
3/4 cup sugar
3/4 teaspoon Calumet Baking Powder
Pinch of salt
Confectioner's sugar
Mango jam

Sift flour, measure, add baking powder and sift again. Beat egg yolks. Add 1/2 of the sugar gradually and continue beating until thick and lemon colored. Set aside.

Beat egg whites until frothy, add salt and continue beating until it will stand in peaks, but not dry. Beat in remaining sugar gradually sprinkling about a tablespoon at a time.

Fold egg white mixture into yolk mixture gently. Gradually fold in flour, sifting it over the surface little by little.

Turn into a 15 inch x 10 inch pan lined on the bottom with wax paper. Spread batter evenly. Bake in moderate oven (350 degrees F.) about 15 to 20 minutes.

Turn cake out onto cloth which has been dusted with confectioner's sugar. Quickly remove paper

and cut off crisp edges of the cake. Roll up cake in the cloth gently and evenly. Place on a cake rack to cool.

Unroll and spread evenly with mango jam and roll again. Sprinkle with confectioner's sugar and slice crosswise.

Makes 8-12 yummy slices.

ESTIMATED COST: ₱1.80

STRAWBERRY SHORTCAKE

1-1/2 cups Swans Down Cake Flour
1-1/2 cups sugar
8 eggs, separated
1 teaspoon vanilla
1/2 teaspoon salt
Frozen strawberries
Dream Whip
Syrup (2 cups sugar to 1 cup water)
1/2 cup cold evaporated milk

Sift flour, measure, then sift again. Pass sugar through strainer to remove lumps. Beat egg yolk until thick and lemon colored. Gradually beat in 1/2 of the sugar, adding only a tablespoon at a time, and continue beating until very thick. Stir in vanilla.

Beat egg whites until frothy, add salt and continue beating until stiff but not dry. Gradually beat in the remaining half of the sugar, sprinkling about a tablespoon at a time.

Fold the egg white mixture into the yolk mixture gently. Fold in flour gradually, sifting it over the surface little by little.

Pour batter into two 9-inch layer pans about 1-1/2 inches deep greased on the bottom and then dusted with flour. Bake in a moderate oven (350 degrees F.) about 25 minutes. Invert cakes on cake rack to cool.

Before serving, spread first layer with frozen strawberry and whipped Dream Whip, top with second layer. Spread top with frozen strawberries and Dream Whip.

Serves 8-12 cake connoisseurs.

ESTIMATED COST: ₱5.00

To Freeze Strawberries:

Clean fresh strawberries well. Make a syrup by boiling 2 cups of sugar with 1 cup water. While still very hot, pour over clean whole strawberries. Cool. Place in ice cube trays, cover securely with tin foil and freeze until needed.

Calumet

THE DOUBLE-ACTING... BETTER-BAKING POWDER

...acts first in the cold mix
...then in the oven heat for
even thorough rising!



Another way to
make your baking
better...

SWANS DOWN
CAKE FLOUR



EASY TO BAKE

CAKES



UPSIDE-DOWN CAKE

1/2 cup butter or margarine
1 cup brown sugar
1 cup stewed prunes
5 slices of pineapple
2 cups Swans Down Cake Flour
2 tablespoons Calumet Baking Powder
1 cup butter or margarine
1 cup refined sugar
4 eggs
1/2 cup milk (1/4 evaporated and 1/4 water)
1/4 teaspoon salt

Boil prunes in little water until soft. Remove pits. Melt butter or margarine in a deep baking pan. Spread brown sugar evenly in pan. Remove from heat.

Arrange pineapple slices on sugar, fill in spaces with pitted prunes.

Sift flour, measure. Add baking powder and salt then sift again three times.

Cream butter and sugar. Add whole egg, one at a time, beating after each addition. Add flour mixture alternately with milk. Pour batter over pineapple and bake in moderate oven (350 degrees F.) 40 to 50 minutes.

Cool cake in pan about 5 minutes. Then invert on cake platter

and let stand a minute before removing the pan.

Serves 8-12 people who'll surely want more!

ESTIMATED COST: ₱2.80

BROWN ANGEL CAKE

1 cup Swans Down Cake Flour
2 tablespoons Baker's Cocoa
1-1/2 cups egg white
1 teaspoon cream of tartar
1/2 teaspoon salt
1-1/2 cups sugar
1 teaspoon vanilla

Sift flour, measure. Sift flour, Cocoa, and 1/2 cup of the sugar together, 5 times.

Beat egg whites, cream of tartar and salt until frothy. Add remaining sugar in small amounts and beat after each addition. Continue beating until stiff enough to stand in peaks, but not dry. Sift flour over whites little by little and fold in lightly. Pour batter into ungreased 10-inch tube pan and bake in moderate oven (350 degrees F.) about 40 to 50 minutes. Invert pan and let the cake hang in the pan until cool, about 1 hour. Loosen from sides and center tube with a knife.

Serve plain. Makes 8 to 12 generous slices.

ESTIMATED COST: ₱1.30

FRIED DROP CAKES

1-1/3 cups Swans Down Cake Flour
2-1/2 teaspoons Calumet Baking Powder
1/4 teaspoon salt
1/3 cup sugar
1 egg
1/2 cup milk
1 teaspoon margarine, melted
Shortening for frying

Sift and measure flour. Sift again with baking powder and salt. Beat egg until light. Add sugar and milk and beat again until well blended. Add the melted margarine and flour mixture and mix well until batter is smooth.

Drop by spoonfuls in deep hot shortening and fry until golden brown. Roll in sugar mixed with a little cinnamon (about 1/2 teaspoon cinnamon to 4 tablespoons white sugar).

Makes 20-24 spicy cakes.

ESTIMATED COST: ₱0.90

COCONUT CAKE

2 cups Swans Down Cake Flour
2-1/2 teaspoons Calumet Baking Powder
1/2 teaspoon salt
2/3 cup margarine
1 cup sugar
3 eggs
1 teaspoon vanilla
1 cup chopped Baker's Coconut
2/3 cup milk

Sift flour, measure. Sift three times flour, baking powder, and salt.

Cream margarine, add sugar and cream together until light and fluffy.

fy. Beat eggs till lemon colored. Add to creamed shortening and sugar, beating well. Add vanilla and coconut and blend well. Add flour alternately with milk, stirring only enough to blend well, after each addition. Do not beat.

Pour into a greased tube pan and bake in moderate oven (375 degrees F.) about 20 to 25 minutes. Cool and frost with Seven-Minute Frosting. Toast about 2 tablespoons chopped Baker's Coconut and sprinkle over frosting on cake when cool.

Makes 8-12 juicy cake slices.

ESTIMATED COST: \$2.00

SEVEN-MINUTE FROSTING

2 egg whites, unbeaten
1-1/2 cups sugar
Pinch of salt
1/3 cup water
2 teaspoons light corn syrup
1 teaspoon vanilla

Combine egg whites, sugar, salt, water, and syrup in top of double boiler. Beat about 1 minute, to blend. Then place over rapidly boiling water and beat constantly (with sturdy egg beater or at high speed of electric beater) 7 minutes, or until frosting will stand in peaks. Remove from boiling water.

ESTIMATED COST: \$0.44

CALUMET SPECIALS

BISCUITS

2 cups Swans Down Cake Flour
2-1/2 teaspoons Calumet Baking Powder
3/4 teaspoon salt
5 tablespoons shortening
3/4 cup milk (approximately)

Sift together flour, baking powder, and salt. Cut in shortening. Add milk; stir with fork until soft dough is formed. Knead on lightly floured board 1/2 minute. Roll 1/2 inch thick; cut with floured 2-inch biscuit cutter. Bake on ungreased baking sheet in hot oven (450 F.) 12 to 15 minutes.

Makes 14 satisfying biscuits.

ESTIMATED COST: \$0.70

MUFFINS

3 cups Swans Down Cake Flour
4 teaspoons Calumet Baking Powder
2 teaspoons salt
3 tablespoons sugar
1/2 cup shortening
2 eggs, well beaten
1-1/2 cups milk

Mix flour, baking powder, salt and sugar and sift into bowl. Cut in shortening. Combine eggs and milk and add to flour mixture, mix only enough to dampen all the flour.

Bake in greased muffin pans in hot oven (425 F.) 25 minutes. Makes 14 large muffins.

ESTIMATED COST: \$1.34

Here's the new revolutionary time-saving CALUMET "EVER-READY" BLEND

(MAKES 13-3/4 POUNDS MIXTURE)

10 pounds (10 quarts, sifted) Swans Down Cake Flour
6-1/2 ounces (1 cup) Calumet Baking Powder
3 ounces (6 tablespoons) salt
3-1/4 pounds (7-1/2 cups) shortening

Mixer Method: Weigh or measure flour, baking powder, and salt into mixer bowl. Mix at low speed (using flat beater) 5 minutes. Cut in shortening (with the pastry attachment) until the mixture resembles coarse meal. Or transfer to dishpan or large flat-bottomed bowl and cut in shortening with hand blender.

Sifter Method: Measure sifted flour, 2 quarts at a time, into sifter. Add about 1/5 of the baking powder and about 1/5 of the salt for each 2-quart amount. Sift into dishpan or large bowl. Repeat until all dry ingredients have been sifted. Then lift and stir to mix well. Cut in shortening with pastry blender until mixture resembles coarse meal.

Storage: Place in cans or jars with loose-fitting covers. Store in cool, dry place. Keeps well for 10 to 12 weeks.

To Use: This basic blend may be used to make biscuits, muffins, cakes, waffles, pancakes, shortcakes, coffee cakes, and entrees. Follow the simple directions given here.

CAKE TROUBLES AND CURES

1. Did I use the ingredients the recipe calls for? This is more vital today than ever. Modern recipes are developed for laboratory-perfected products. These products are being changed often to improve them. The recipes are precisely balanced to fit the products used. Substitutes are not the same even though they may look the same. So be sure you have all the ingredients called for before you make a cake. (Or start with a recipe for which you do have ingredients!)

2. Did I use accurate level measurements? Cake recipes are not simple. Small variations in amounts of ingredients may affect volume, texture, crumb, crust, or eating quality! Exact measurements are very necessary for cake perfection... So check your measuring equipment, be sure you have standard measuring cups and spoons, and always measure "on the level!"

3. Did I bake at the right temperature and time? Again many of the qualities of your cake are affected by the baking. The pan size and oven temperature are very important. You can check your oven yourself with an accurate oven thermometer, or ask your public utilities representative to check it, especially if your oven has an automatic heat control. Then use the size of pans and temperature called for in the recipe. And test



cake for "doneness" at the time specified.

In case you are still puzzled about a cake, there is a Cake Trouble-Shooter's Guide on the following pages. Here is a list of the many common faults of cakes and many causes for each.

If, for example, your cake seems small just check the reasons listed under "If cake is undersized". Decide which causes seem to apply to your cake.

If cake is undersized

Butter cake causes:

Not enough leavening used. Have the type called for; measure the exact amount. (Store Calumet Baking Powder tightly covered to make sure it keeps full strength.)

Mixture baked in too large pan. Oven too hot for proper rising. Overbeating of batter.

Sponge cake causes:

Egg whites or yolks either underbeaten or overbeaten. Eggs too cold to beat well. Ingredients overmixed. This breaks down air cells and causes loss of air.

Not enough sugar.

Mixture baked in too large pan. Oven too hot for proper rising. Cake cooled without inverting pan.

Cake removed from pan when hot.

If cake falls

Butter cake causes:

Too much shortening. Too much leavening. Too much liquid. Too much sugar. Too little flour or an under-measurement. Too little or too slow baking. Cake jolted before sufficiently baked.

Sponge cake causes:

Too much sugar. Flour not folded in enough. Use of greased or floured pan. Too little or too slow baking. Cake removed from pan when hot.

If cake humps on top

Oven too hot at start of baking. Too much flour. Use kind and amount called for. (Sift once before measuring.)

Not enough liquid in butter cake. Wrong kind of pan used.

If cake rises higher on side

Uneven heat in oven. Oven rack not level. Stiff batter spread unevenly in pan.

Use of warped pan.

Pans placed too close to sides of oven.

If crust is sticky
Too much sugar. Insufficient or too slow baking.

Cake covered

Perhaps a cake has not come up to your expectations in some respects. You want to know why and how to avoid it next time. The Calumet-Swans Down kitchens have a very great interest in preventing cake troubles. Before a cake recipe is printed, the cake has been made successfully in the Calumet-Swans Down kitchens and in the kitchens of Calumet-Swans Down home testers who are cakemakers like you. Any later difficulties therefore, deserve special study.

It may be surprising to learn that most cakemaking troubles can be traced to one of three basic causes.

Not using the ingredients called for.

Not using standard measurements. Not baking at right temperature.

Ask Three Questions:

Before looking further for the cause of a certain cake trouble, just ask yourself these three questions:

when still warm.
Damp weather.

If cake has a soggy layer or compact streak at the bottom

Butter cake causes:

Undermixing of ingredients.
Shortening too soft for creaming properly.

Not enough leavening.

Not enough flour.

In egg-yolk cakes, underbeaten yolks.

Too much liquid.

Sponge cake causes:

Undermixing when combining ingredients.

Too many egg yolks or underbeaten yolks.

Not enough flour.

If cake has coarse grain

Butter cake causes:

Too much leavening.

Insufficient creaming or mixing.

Use of too soft shortening.

Use of wrong kind of flour. Use kind called for.

Oven too slow.

Sponge cake causes:

Underbeaten or overbeaten eggs.

Insufficient blending of ingredients.

Use of wrong kind of flour.

Oven too slow for proper baking.

If cake is heavy

Butter cake causes:

Final overmixing or overbeating of batter.

Too much shortening or liquid.

Not enough sugar or leavening.

In egg-yolk cakes, underbeaten yolks.

Not enough sugar.

Oven too hot or too slow.
Sponge cake causes:

Either overbeaten or underbeaten egg whites or yolks.
Overmixing of ingredients.
Omission of cream of tartar or other acid.
Cake left in pan too long.

If sponge cake shrinks or falls from pan

Use of greased pan.
Too much sugar.
Insufficient baking; cell walls collapse.
Cake cooled in cold air current.

If cake runs over pan

Too much batter for size of pan.
Oven not hot enough.

Pan greased on sides.
Too much leavening.
Too much sugar.

If crust is pale

Butter cake causes:

Oven not hot enough, especially in last baking quarter.
Not enough sugar.

Not enough leavening.
Not enough shortening.

Not enough batter to fill pan properly.

Oven too slow for kind of pan used.

Sponge cake causes:

Oven not hot enough, especially in last baking quarter.

Not enough sugar.

If cake sticks to pan, or crust rolls off in balls

Butter cake causes:

Undermixing of ingredients.

Pan not properly greased.

Cake baked too long.

Cake left in pan long after baking.

Pan too small; cake edges

"mushroom" over top and stick or break off.

Too much flour. Use kind and amount called for. (Sift once before measuring.)

Not enough batter for depth of pan.

If crust is hard

Oven too hot.
Cake baked too long.

If cake burns

Uneven heat in oven.
Oven too full for right circulation of heat.

Oven too hot or too hot for kind of pan used.

Cake baked too long.
Cake baked too near sides of oven.

If butter cake falls apart

Too much shortening.
Too much leavening.
Too much sugar.
Careless removal of cake from pan.
Cake removed from pan too soon.

If cake sticks to pan, or crust rolls off in balls

Butter cake causes:

Undermixing of ingredients.

Pan not properly greased.

Cake baked too long.

Cake left in pan long after baking.

Pan too small; cake edges

"mushroom" over top and stick or break off.

Sponge cake causes:

Undermixing of ingredients.
Cake left in pan too long after baking.
Oven not hot enough, especially in last baking quarter.
Too much sugar.

If cake is dry and crumbly

Butter cake causes:

Too much flour.
Too much leavening.
Not enough shortening.

Not enough liquid.

Not enough sugar.

Overbeaten egg whites (Too stiff and dry).

Cake overbaked or baked too long at too low temperature.

Sponge cake causes:

Overbeaten egg whites (Too stiff and dry).

Not enough sugar.

Too much flour. Use kind and amount called for. (Sift once before measuring.)

Cake overbaked or baked too long and slowly.



Fiesta Specials



SALZA BLANCA

1 small apahap (about 1 kilo)
2 large ripe tomatoes, quartered
2 medium size onions, quartered
2 very small Baguio potatoes
1 very small head cabbage, quartered
6 cloves garlic
1/4 cup olive oil
1/4 cup Swans Down Cake Flour
Salt and pepper to taste.

Clean fish well. Do not slice. Rub with salt and pepper and set aside. Mince or pound garlic fine. Peel potatoes.

In a casserole with cover, heat the oil and add the garlic. When garlic is brown, remove from oil and set aside. Add flour and when mixture is bubbly, add the fish and two cups water. Add potatoes, onions, tomatoes, fried garlic, and cabbage and allow to simmer. (The casserole should be well covered during cooking.) Add salt and pepper to taste and remove from heat as soon as the potatoes are cooked.

Place fish in a serving platter and surround with the vegetables. Top with its own sauce.

Serves 6.

ESTIMATED COST: ₱3.00

PASTEL DE LENGUA

1 fresh ox tongue
1 Chorizo de Bilbao
1 small can (about 1/2 cup) mushroom
1 small can tomato sauce
1 carrot
1 small can sweet pimientos
1 small can sweet peas (about 1/2 cup)
6 ripe saba bananas
1/4 cup Silver Swan Soy Sauce
5 tablespoons Swans Down Cake Flour
5 tablespoons cooking oil
Salt and pepper to taste

Clean tongue thoroughly, scald it and remove its outer skin. Cover tongue in just enough water in a covered container until tender.

When tender, cut tongue into 3/4 inch cubes. Slice Chorizo de Bilbao fine, crosswise.

Slice bananas in one-inch lengths. Fry in deep hot fat until golden brown.

Heat oil in casserole and add flour. Add 4 cups of the liquid in which tongue was cooked, add soy sauce, tomato sauce, salt and pepper and stir until thick. Add sliced carrots, mushrooms, sweet pimientos, Chorizo de Bilbao and simmer until carrots are almost

cooked. Add tongue, bananas and sweet peas. Remove from heat.

Arrange in deep pyrex dish, cover with rich pastry and bake in very hot oven (450 degrees F.) until pastry is brown. (See recipe for Rich Pie Crust). Serves 6.

ESTIMATED COST: ₱7.35

RICH PIE CRUST

1 cup Swans Down Cake Flour
1/3 cup cold butter or margarine
Pinch of salt

Sift flour and salt. Cut butter or margarine into flour until the pieces are the size of peas. Add very cold water little by little (about 1/4 cup) over small portions. Using a fork, press the flour particles together as they absorb the water. Do not stir. Use only enough water to hold the pastry together. Press together gently, wrap in wax paper and chill.

Roll between two pieces of wax paper about 1/8 inch thick. Remove top wax paper. Place pastry over tongue or chicken mixture upside down and remove wax paper.

ESTIMATED COST: ₱0.33

CHICKEN PASTEL

1-1/2 cups chicken meat
1 medium size sweet pepper

For tender, moist, delicious cakes—use the silkiest, finest cake flour ever made . . .

. . . and the only baking powder that acts TWICE to assure fluffy, light baked successes!

1 small carrot
1 small onion
Salt and pepper to taste
1 tablespoon butter or margarine
1 tablespoon Swans Down Cake Flour
1/2 cup evaporated milk

Cook chicken in as little water as possible with whole carrot and sliced onions, salt and pepper to taste. Bring to boil then simmer until tender.

Remove bones, leaving chicken meat in large pieces or cut it into desired pieces. Slice cooked carrot. Slice fresh sweet pepper. Set aside.

Heat 1 tablespoon butter or margarine then add 1 tablespoon flour. Add sliced pepper, then 1/2 cup of the chicken broth. Add 1/2 cup evaporated milk and salt and pepper to taste. Cook over low heat, stirring constantly, until thick.

Arrange chicken meat, carrots and pieces of cooked onion in a shallow pyrex baking dish. Pour the cooked sauce over mixture.

Cover with a rich pie crust. Flute edges and prick top with a fork or sharp knife. Bake in very hot oven (450 degrees F.) until light brown. Serves 6.

ESTIMATED COST: ₱2.95



USE STANDARD, LEVEL MEASUREMENTS

Use standard measuring tools for your cooking — two measuring cups, one for the dry ingredients, another for liquids, and one or two sets of measuring spoons. This simple but correct equipment makes possible accurate measurements.

A standard measuring cup is a half pint — equivalent to 16 level tablespoons. One side reads 1/4, 1/2, and 3/4; the other side reads 1/3 and 2/3. For liquids, a glass measuring cup is convenient, as the top extends above the cup line and so prevents spilling. A set of graduated measuring cups has advantages too, for level measurements of 1, 1/2, 1/3, and 1/4 cup amounts of dry ingredients or shortening.

A set of standard measuring spoons includes one tablespoon, one teaspoon, one-half teaspoon, and one-quarter teaspoon. The tablespoon is equivalent to 3 level teaspoons.

All measurements are level. That's the success rule for every modern recipe. Here are techniques of measuring:



After one sifting, measure the flour—level!



Use level measurements of baking powder, too.

Or use the correct measure of your set of graduated cups.

"To Measure Baking Powder"

Use special care in measuring baking powder. A little too much or too little can give disappointing results. Dip the correct dry measuring spoon into the baking powder. Level off with the leveler or the paper seal of the Calumet can.

"To Measure Flour"

Flour packs on standing. So always sift flour once before measuring. Remember, not sifting may add an extra half-cup of flour in your cake and ruin it.

Spoon the sifted flour lightly into the measuring cup and level off across the top. (Do not press flour or shake it down in cup.)

For fractions of a cup, fill cup lightly to the proper fraction mark.



Measure shortening by cup, spoon, or print.



With cup level, pour liquid right to the line!

"To Measure Shortening"

Use one of these convenient ways:

1.—Press shortening into a measuring cup (or tablespoon), packing it tightly. Level off.

2.—Measure butter by weight. Allow 1/2 pound for 1 cup. With print butter (butter sold in 1/4 lb. packages) 1/4 pound equals 1/2 cup.

3.—Or measure shortening by water displacement. For example, to measure 1/2 cup shortening, fill cup half-full of cold water; add shortening until water rises to the top of cup; then drain off all water.

Measure melted shortening like liquid.

"To Measure Sugar and Eggs"

Granulated or white sugar is simply filled to measure and leveled off. Pack brown sugar firmly.

ly so that it holds the shape of the cup when turned out.

Averaged-sized eggs (medium to large) are used in these recipes. If using small eggs, allow about 3-1/2 tablespoons slightly mixed whole egg for each egg in recipe.

"To Measure Liquids"

Use special care in measuring liquids for undermeasuring is a common fault.

For accuracy, set measuring cup on a level surface. Fill until liquid flows into the correct groove-mark.

Always pour liquids and syrups, such as molasses, corn syrup, or honey into the spoon or cup from the container. A cup previously used to measure shortening or water will empty the syrup readily.



So there you are! You've learned that baking success starts with fine ingredients — and the ingredients that make all baking better are Swans Down Cake Flour and Calumet Baking Powder. Constant checking and control keep their high quality uniform. Test cakes are made from every run of flour and baking powder to make sure they conform to exacting standards in volume, texture, color and crumb. The result—delicacy, the first requisite of top quality baking.

RECIPE INDEX

	Page
SUCCESS STARTS WITH INGREDIENTS	1
MERIENDA SPECIALS	
Bibingka Espesyal	2
Churros	2
Maja de Maiz	2
Calumet Ukoy	3
Polvoron	3
Mango Empanaditas	4
Casuy Crisps	4
Coconut Bars	4
Mamon	5
Banana Casuy Bread	5
Peanut Cream Frosting	6
Camote Doughnuts	6
Corn Fritters	6
EASY TO BAKE CAKES	
Upside-down Cake	7
Brown Angel Cake	7
Pianono	8
Strawberry Shortcake	8
Fried Drop Cakes	9
Coconut Cake	9
Seven-minute Frosting	10
CALUMET SPECIALS	
Biscuits	11
Muffins	11
"Ever-Ready" Blend	11
CAKE TROUBLES AND CURES	12-15
FIESTA SPECIALS	
Salza Blanca	16
Pastel de Lengua	16
Rich Pie Crust	17
Chicken Pastel	17
"USE STANDARD, LEVEL MEASUREMENTS"	18-19